

August 8, 2003

City Lights School
Ms. Kathleen Curtin, Principal
62 T Street, NE
Washington, DC 20011

Dear Ms. Curtin:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Enhanced Meal Pattern with the nutrient standards established for grades 7 through 12.

Key highlights from your review:

- Your menu has good variety during the week.
- Fresh vegetables are used frequently

Based on the documentation you provided, the analysis for the week of review indicates your menus are significantly elevated in Calories, total fat, and saturated fats. The attached nutrition profile shows you the results of the menu analysis, and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for modifications to enhance your record keeping, to improve the nutrition profile of your menus, and to ensure regulatory compliance

Plan of Action Meal Pattern and Nutrition Standards Compliance	
Observations/Finding	Recommendations
<p>Production Records not available during on-site visit. Production records completed for the week of review, but not done accurately. It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain complete production records.</p>	<ul style="list-style-type: none"> ▪ Production records with portion sizes and <u>planned numbers</u> for each item, including milk and condiment varieties, should be accessible before each meal service. The planned number reflects an estimate of how much of each menu item is expected to be taken – if only 50 students out of 100 are expected to take mayonnaise for a sandwich, then that is the planned number that should be recorded. ▪ Served numbers and leftover numbers need to be recorded at the end of meal service to ensure accuracy.
<p>Total Calories: 895 Calories are 121% of the target of 739 for this age range.</p> <p>Total Fat (TF): The combined analysis of breakfast and lunch shows TF at 36.26%.</p> <p>Saturated Fat (SF): The combined analysis of breakfast and lunch showed SF at 12.89%.</p>	<p>The increasing trend of obesity in our children requires excess calories offered to children should be avoided. The following suggestions will lower Calories, total fat and saturated fat in your menu.</p> <ul style="list-style-type: none"> ▪ Serve 1% white and chocolate milks instead of 2%. <p>Breakfast</p> <ul style="list-style-type: none"> ▪ Use chicken and turkey where possible – i.e. bacon. Read the labels – not all turkey products are low in fat. ▪ Serve less meat items during the week – meat 4 day and eggs 3 days add significant amounts of fat. <p>Lunch</p> <ul style="list-style-type: none"> ▪ Decrease portions of meats in recipes. 2 oz is the minimum requirement - your Tarragon Beef recipe indicates approximately 6 oz of meat. ▪ Serve low fat/low calorie dressings with salads. ▪ Choose lean cuts of meat. ▪ Mayonnaise is used frequently in recipes. Use low fat mayonnaise. Limit use of mayonnaise based recipes to once a week. ▪ Reduce the amount of oil used in cooking. ▪ Serve reduced fat and part skim cheeses.

	<ul style="list-style-type: none">▪ Reduce cheese portions used on pizzas – recipes indicate each slice has 3 oz of cheese.▪ Serve fewer egg and meat products and more grains at breakfast throughout each week.
The federal regulations (7CRF 210.10 (k)(2) require 15 servings of grains /breads be offered in a week for the Enhanced Meal Pattern, grades 7-12. Only 9 were offered.	<ul style="list-style-type: none">▪ Offer more grains/breads each day.▪ Add graham crackers, saltines for salads, rice with fish, or a grain-based low fat dessert.▪ This will also help maintain low fat calories while you reduce the fat (recommendations above) in your menu.
The federal regulations (7CRF 210.10 (k)(2) require a minimum of one serving of grains /breads be offered each day for the Enhanced Meal Pattern, grades 7-12. None were offered on Monday, May 12, 2003.	<ul style="list-style-type: none">▪ Potatoes were indicated on the production record as the grain/bread food item. Although potatoes are starchy, they are a vegetable, and only creditable as a vegetable for the meal pattern.▪ All meal pattern components must be offered to be considered a reimbursable meal.

These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell
State Director

cc: Norman Williams, Food Service Coordinator